

June 2009



COUNTY OF FILLMORE

Employee News

Important Safety Training



It's back! The Fillmore County Safety Committee has once again coordinated **FIRE EXTINGUISHER TRAINING**

with the Preston Fire Department.

Date –**Thursday June 18th**

Times Available - **10:00 a.m. and 2:00 p.m.** (approx 30 min long)

Location - **Houston St Parking Lot Area** (between Highway Office & DNR buildings)

Employee Health Screening Summary

Fillmore County strives to find ways to positively impact the health and wellness of employees because our success as a County depends greatly on their productivity, work performance, and satisfaction.

Since 2007, Employee Health Screening days have offered employees the

opportunity to participate in **FREE** vision, hearing, flexibility, body mass index, blood pressure, glucose, and cholesterol testing. Health Insurance Portability and Accountability Act (HIPAA) standards have been maintained throughout the process to ensure employee privacy.

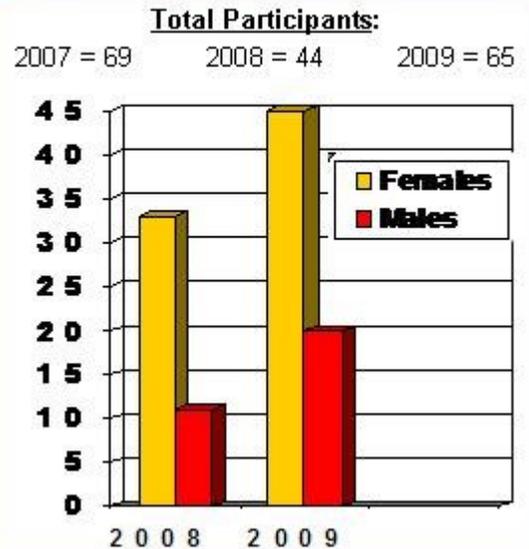
Brenda Leigh Pohlman, Public Health Educator, has provided result summaries to show

participation levels and areas of concern. Current areas of concern are flexibility, overweight and obesity, diabetes, blood pressure, HDL Cholesterol, and LDL Cholesterol. We encourage employees to review their result cards for individual areas of concern and to keep cards from year to year for comparison. The result card you receive is the **ONLY** place individual results are kept.

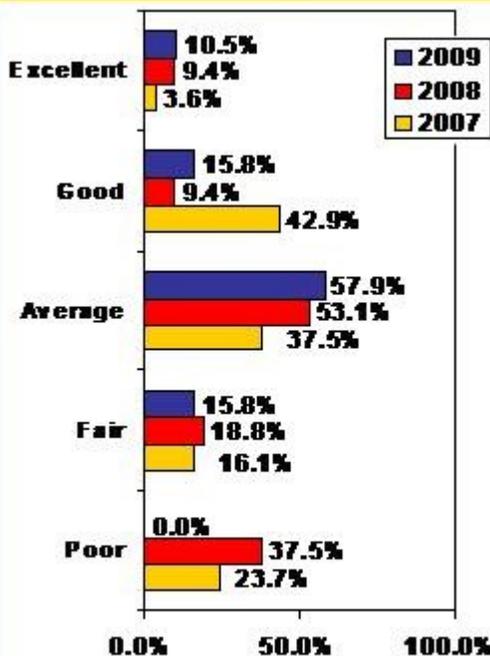
Flexibility

Keep your muscles and ligaments flexible to reduce chances of chronic pain. Flexibility helps to balance muscle groups. Stretching will improve your flexibility and reduce your chances of slipping or falling.

EMPLOYEE PARTICIPATION



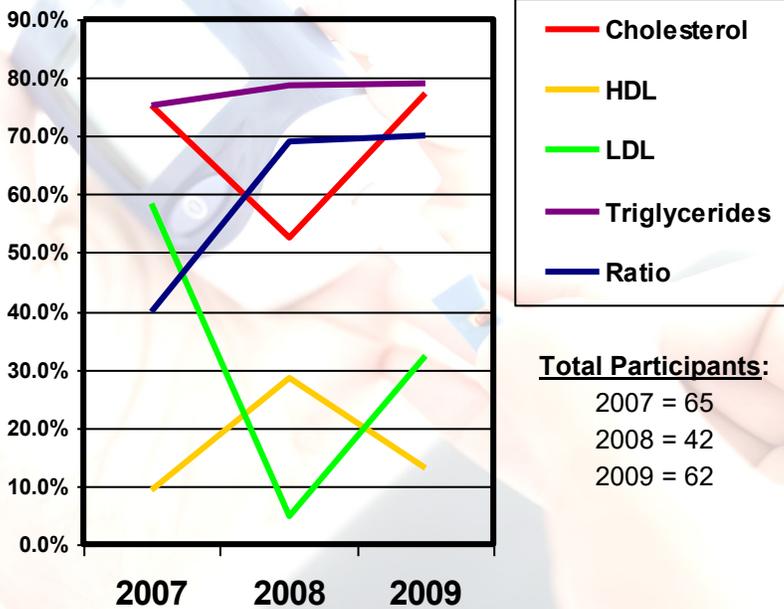
FLEXIBILITY



Total Participants:

2007 = 56 2008 = 32 2009 = 38

CHOLESTEROL



Total Participants:

2007 = 65
2008 = 42
2009 = 62

Cholesterol

Many questions arose about what the numbers from this test mean so here is some help on what to look for. Remember to take all readings into consideration when looking at your cholesterol level.

Total Cholesterol levels (red)

- ♥ A desirable level is less than 200 mg/dL (5.17 mmol/L)
- ♥ Levels between 200 mg/dL and 239 mg/dL (5.17–6.18 mmol/L) are considered borderline for high cholesterol.
- ♥ Levels at or above 240 mg/dL (6.21 mmol/L) are considered high total cholesterol levels. This may put you at an increased risk for heart disease.

High Density Lipoproteins –HDL (orange)

According to the National Cholesterol Education Program, HDL are considered to be the “good cholesterol” because HDL’s role in the body is to take cholesterol to the liver for degradation or processing, as opposed to allowing the cholesterol to hang around in the blood.

- ♥ Any HDL level above more than 60 mg/dL (1.56 mmol/L) is considered high. A high HDL level is considered very healthy since it has a protective role in guarding against heart disease.
- ♥ An acceptable HDL range is between 40- 60 mg/dL (1.04–1.56 mmol/L).
- ♥ An undesirable level of HDL is any level below 40 mg/dL (1.04 mmol/L). In this case, low HDL levels may help to contribute to heart disease.

Low Density Lipoproteins - LDL (green)

Low density lipoproteins, also known as LDL, are considered to be the "bad cholesterol". This type of lipoprotein circulates from the liver to other organs and tissues in the body, carrying cholesterol where it is needed. This type of cholesterol tends to linger and has been connected with various types of heart disease, including atherosclerosis, heart attack, stroke, and coronary heart disease. The current guidelines for LDL levels are:

- ♥ LDL levels less than 100 mg/dL (2.6 mmol/L) are considered optimal.
- ♥ LDL levels between 100 – 129 mg/dL (2.6–3.34 mmol/L) are considered near or above optimal.
- ♥ LDL levels between 130 – 159 mg/dL (3.36–4.13 mmol/L) are considered borderline high.
- ♥ LDL levels between 160 – 189 mg/dL (4.14 - 4.90 mmol/L) are considered high.
- ♥ LDL levels at or above 190 mg/dL (4.91 mmol/L) are considered very high.

Triglyceride Levels (purple)

Elevated levels of triglycerides are also a risk factor for heart disease. According to the National Heart, Lung, and Blood Institute:

- ♥ Triglyceride levels should be below 150 mg/dL (1.69 mmol/L).
- ♥ Levels between 150 mg/dL (1.69 mmol/L) and 199 mg/dL (2.25 mmol/L) are considered borderline high.
- ♥ Levels between 200-499 mg/dL (2.26-5.63 mmol/L) are considered high.
- ♥ Levels above 500 mg/dL (5.64 mmol/L) are considered extremely high.

Glucose (blood sugar)

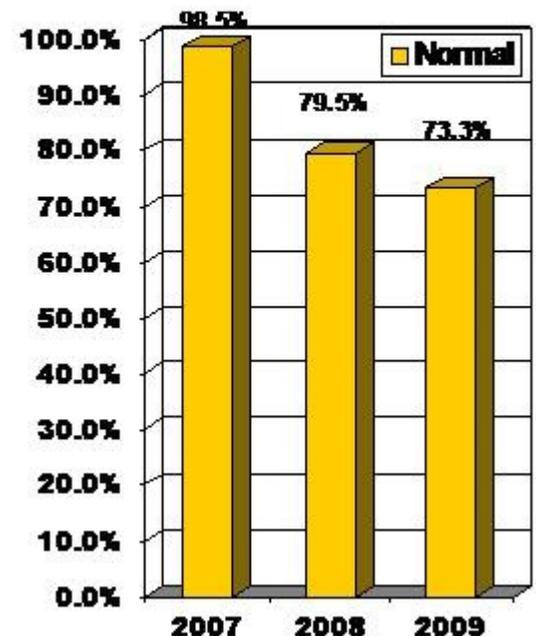
Ideal glucose test results vary depending on whether the participant fasted or not. Information on understanding your results is available on the Mayo Clinics website <http://www.mayoclinic.com/health/blood-sugar/SA00102> or through most healthcare providers.

If you believe you are at risk for pre-diabetes or diabetes, websites such as <http://www.diabetes.org> and <http://www.diabetes.org/pre-diabetes.jsp> offer valuable information.

GLUCOSE

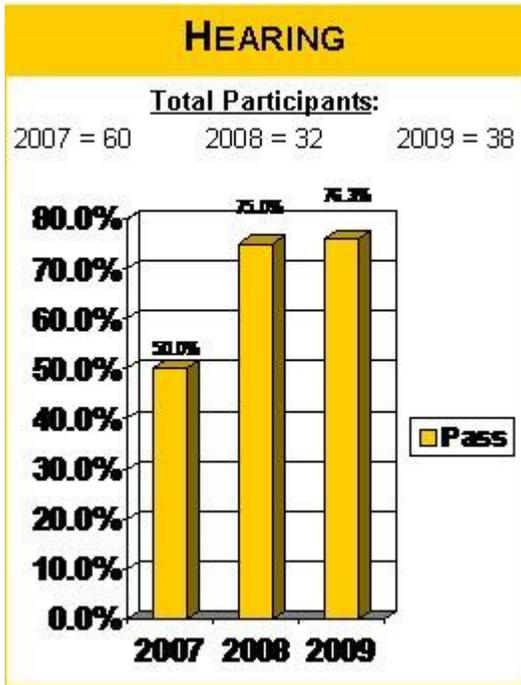
Total Participants:

2007 = 65 2008 = 39 2009 = 60



Vision

Vision tests check many different functions of the eye. The tests measure your ability to see details at near and far distances, check for gaps or defects in your field of vision, and evaluate your ability to see different colors.



The type of test done on our Health Screening Days is Visual Acuity Test which measures the eye's ability to see details and different distances. Optometrists may conduct visual acuity, refraction, visual field, and color vision tests to determine if any corrective measure is needed and the type.

Hearing

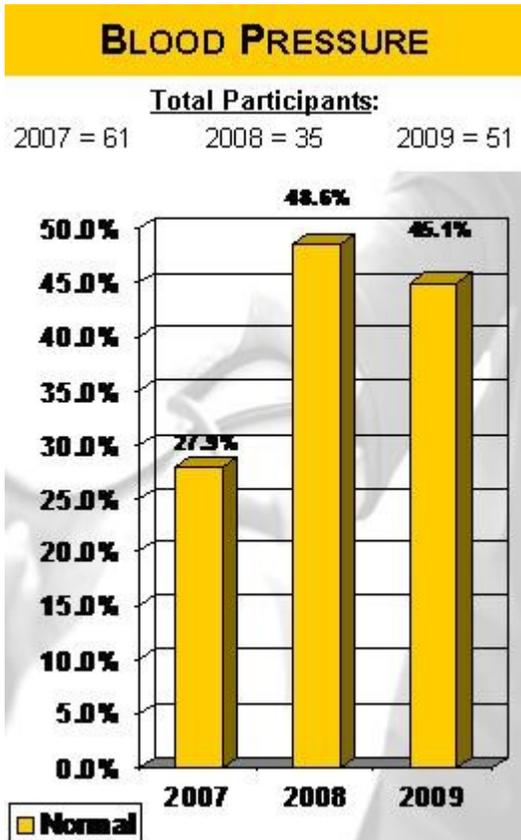
A hearing test determines whether or not a hearing loss is present. Hearing professionals can determine the kind and degree of hearing loss for each ear individually and find corrective solutions.

Body Mass Index -

BMI

BMI uses a mathematical formula based on a person's height and weight. BMI equals weight in kilograms divided by height in meters squared (BMI = kg/m²). The BMI table that follows has already calculated this information.

Although the BMI ranges shown in the table are not exact ranges of healthy and unhealthy weight, they are useful guidelines. A BMI of 25 to 29.9 indicates a person is overweight. A person with a BMI of 30 or higher is considered obese.

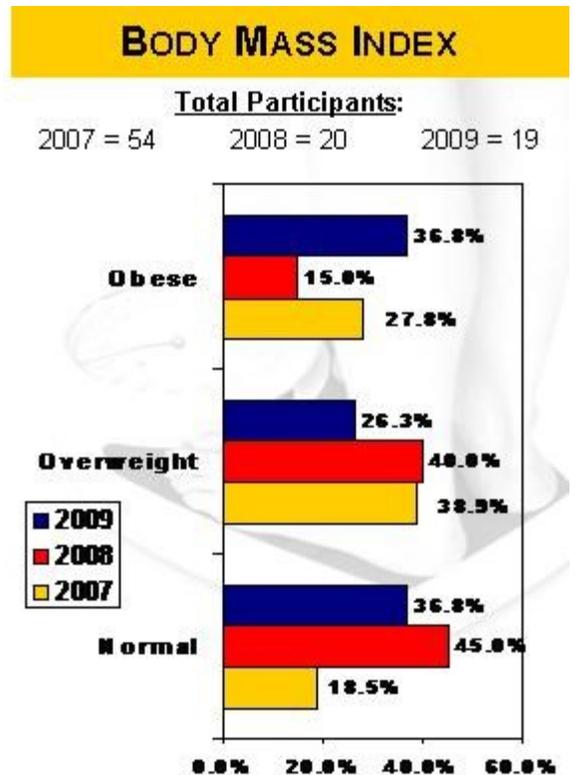
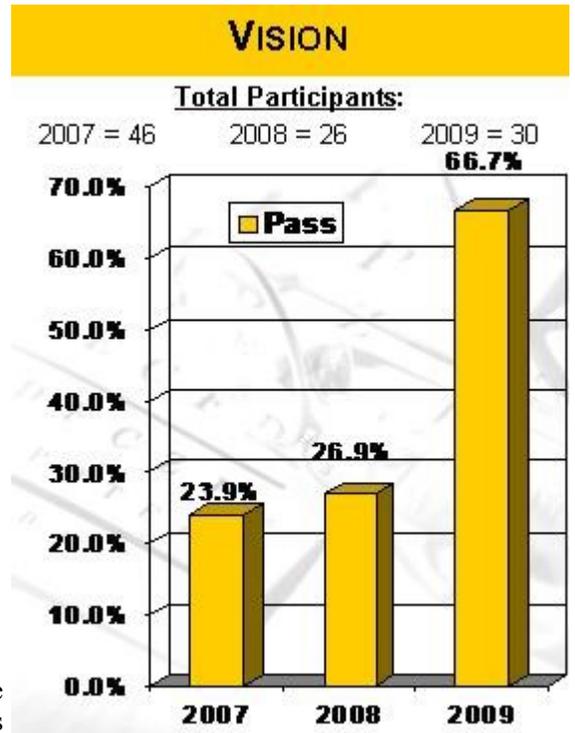


Blood Pressure

The force of blood pushing against the walls of the arteries as the heart pumps out blood is called "blood pressure". This blood pressure can damage the body in many ways if it rises and stays high over time. Even when you're feeling fine, it is important to know your blood pressure numbers so that you will have a reference to compare if your next blood pressure measurement is normal or not.

Normally, blood pressure should stay less than or equal to 120/80 mmHg. For those people who have diabetes or chronic kidney disease, high blood pressure is defined as 130/80 mmHg or higher.

Blood Pressure checks are available Mondays from 1:00-3:00 p.m. in the Public Health Department. Watch upcoming newsletters for more info!



National Safety Month

June 1-7 Teen Driving

Traffic crashes are the leading cause of teen fatalities – an estimated 38 percent of all teen deaths occur from crashes. Inexperience, speeding, cell phone use/texting and alcohol are some of the leading factors that can heighten young drivers' risks. Parents and teens can work together to make the right driving decisions and keep young drivers safe.

More information from the National Safety Council at:

http://downloads.nsc.org/pdf/nsm/2009/teen_driving_tipsheet.pdf

June 15-21 Overexertion

At work: Back injuries, a form of overexertion, are the nation's leading workplace safety problem. According to the Bureau of Labor Statistics, back injuries account for one of every five workplace injuries or illnesses. More than 1 million workers suffer back injuries each year.

At home: Moving, gardening, cleaning – these valuable and sometimes rewarding activities can also cause overexertion injuries at home, including back strain. Overexertion is the third-leading cause of emergency room visits for non-fatal unintentional injuries.

More information from the National Safety Council at:

http://downloads.nsc.org/pdf/nsm/2009/overexertion_home_tipsheet.pdf

http://downloads.nsc.org/pdf/nsm/2009/overexertion_work_tipsheet.pdf

June 8-14 Fall Prevention

At work: Falls are a leading cause of traumatic occupational death accounting for eight percent of all occupational fatalities from trauma according to the U.S. Department of Labor. Identifying risks and injury prevention measures are the first steps in reducing or eliminating fall hazards.

At home: Falls are a leading cause of injury and deaths in our homes and communities. In 2007 there were 20,600 fall-related deaths in these settings, the majority of which affected the older (65+) population. Fall proof your home and help older friends and family do the same.

More information from the National Safety Council at:

http://downloads.nsc.org/pdf/nsm/2009/fallwork_tipsheet.pdf

http://downloads.nsc.org/pdf/nsm/2009/fallhome_tipsheet.pdf

June 22-28 Distracted Driving

When driving, your first responsibility is the safety of those in your vehicle and others on the road. Cell phone use while driving and other forms of distracted driving account for 80 percent of all crashes.



More information from the National Safety Council at:

http://downloads.nsc.org/pdf/nsm/2009/distracted_driving_tipsheet.pdf

Insurance Reminder

For those who elect Fillmore County medical coverage; routine physicals, cancer screenings, hearing exams, vision exams, immunizations and vaccinations are 100% covered as preventive services. For more detailed information and verification that a procedure is preventative based on your health history review your BlueCross/Blue Shield Health Care Plan, log onto www.bluecrossmn/mnservcoop/ or call Customer Service at (651) 662-5517 or 1-888-878-0136.

“A person who has health has a thousand wishes. The person who doesn't has but one.”

Author Unknown

Desk Yoga Anyone?

By taking a few minutes to do stretches at your desk it can help relieve stress, increase productivity, and most importantly, make you feel better.

Cat and Cow Stretch

- Bring both feet flat on the floor.
- Bring your hands onto your knees
- On an inhale, arch the back and look up toward the ceiling
- On the exhale, round the spine and let your head drop forward.
- Repeat for 3-5 breaths

For more Desk Yoga go to:

<http://yoga.about.com/od/yogasequences/tp/deskstretches.htm>

June 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Event	Start Time
Board Of Commissioners Meet	9:00 a.m.
Payroll Check date	
Fire Extinguisher Training	10:00 a.m. 2:00 p.m.

Want to submit an idea, article or suggestion for improvement? [Click here to email Ashley](#) Or call 507-765-2809